





**Up-Island Council on Aging**  
**508-693-2896**

~ April 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 8:15 Balletics  1:00 Mah Jong	<b>2</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Bridge	<b>3</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color	<b>4</b>
<b>5</b>	<b>6</b> 10:00 Pilates  11:15 Yoga  	<b>7</b> 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking  *NEW 3:00-4:00 Dance Free	<b>8</b> 8:15 Balletics  1:00 Mah Jong	<b>9</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Bridge	<b>10</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  Chair Massage 10:00-2:00 Schedule your appointment today!	<b>11</b>
<b>12</b>	<b>13</b> 10:00 Pilates  11:15 Yoga  <b>10:30 Vineyard Isle Parkinsonians Support Group</b>	<b>14</b> 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking  <b>11:30-2:00 Blood Pressure Clinic</b>  *NEW 3:00-4:00 Dance Free	<b>15</b> 8:15 Balletics  1:00 Mah Jong	<b>16</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Bridge  *NEW! <b>MELT Workshop</b>	<b>17</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  	<b>18</b>
<b>19</b>	<b>20</b> 10:00 Pilates  11:15 Yoga  	<b>21</b> 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking  *NEW 3:00-4:00 Dance Free	<b>22</b> 8:15 Balletics  1:00 Mah Jong  <b>Patti Mello Legal Clinic</b>  Falmouth Shopping Trip  Public Health Nurse	<b>23</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Bridge	<b>24</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  Chair Massage 10:00-2:00 Schedule your appointment today!	<b>25</b>
<b>26</b>	<b>27</b> 10:00 Pilates  11:15 Yoga  *Pedi-Care Clinic* 508-693-2896 to sign up  1:30 Martha's Vineyard Museum Presents: "Visual Thinking Strategies" Register@ (508)693-2896	<b>28</b> 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking  *NEW 3:00-4:00 Dance Free	<b>29</b> 8:15 Balletics  1:00 Mah Jong  10:30 Book Group "Plainsong" by Kent Haruf	<b>30</b> 8:30&9:30 Strength Training  12:30 Lunch  1:00 Bridge  *NEW! <b>MELT Workshop</b>	<b>Notes:</b> *Public Health Nurse: Drop in OR call Laura Murphy RN for apt. 1-508-957-7660  *Contract Bridge Call Adriana 508-645-2637  *MELT workshop Space is limited, call to sign up in advance 508-693-2896	

## Other Ongoing Services:

Outreach

Fuel Assistance

SNAP (formerly known as Food Stamps)

Government Surplus Food Distribution

Notary Services

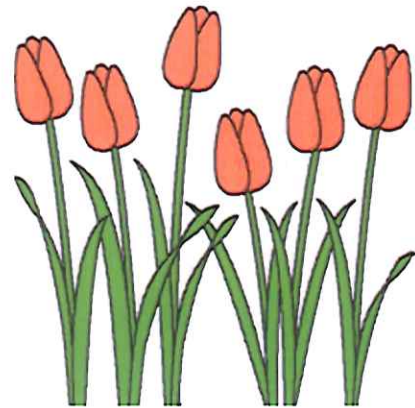
SHINE (insurance specialist)

File of Life

Telephone Reassurance Calls

Durable Medical Equipment

Lifeline and Be Safer At Home



## Upcoming Events:

Falmouth Shopping Trip

Wednesday, May 20<sup>th</sup>

8:15 boat leaving, 5:00pm Boat returning

Better Business Bureau Presents: Scams  
Fraud, and Identity Theft.

Tuesday, May 19<sup>th</sup> at 1:30

"Beautiful- the Carole King Musical" at the  
Providence Performing Arts Center

September 20<sup>th</sup>